

Love Busters Questionnaire

Copyright © 1992 by Willard F. Harley, Jr.

Name _____

Date _____

This questionnaire is designed to help identify your spouse's Love Busters. Your spouse engages in a Love Buster whenever one of his or her habits causes you to be unhappy. By causing your unhappiness, he or she withdraws love units from his or her account in your Love Bank, and that, in turn threatens your romantic love.

There are five categories of Love Busters. Each category has its own set of questions in this questionnaire. Answer all the questions as candidly as possible. Do not try to minimize your unhappiness with your spouse's behavior. If your answers require more space use and attach a separate sheet of paper.

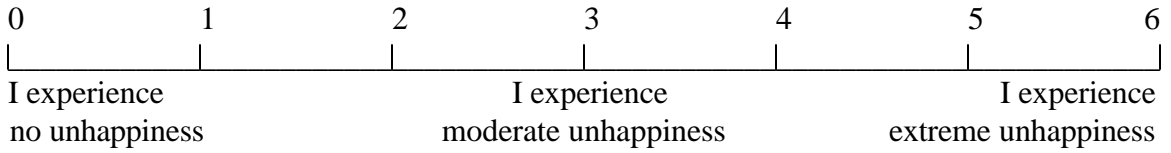
Your spouse should also complete a Love Busters Questionnaire so that you can discover your own Love Busters.

When you have completed this questionnaire, go through it a second time to be certain your answers accurately reflect your feelings. Do not erase your original answers, but cross them out lightly so that your spouse can see the corrections and discuss them with you.

The final page of this questionnaire asks you to rank the five Love Busters in order of importance to you. When you complete the ranking of the Love Busters, you may find that your answers to the questions regarding each Love Buster are inconsistent with your final ranking. This inconsistency is common. It often reflects a less than perfect understanding of your feelings. If you notice inconsistencies, discuss them with your spouse to help clarify your feelings.

1. Angry Outbursts. Deliberate attempts by your spouse to hurt you because of anger toward you. They are usually in the form of verbal or physical attacks.

A. Angry Outbursts as a Cause of Unhappiness: Indicate how much unhappiness you tend to experience when your spouse attacks you with an angry outburst.



B. Frequency of Spouse's Angry Outbursts: Indicate how often your spouse tends to engage in angry outbursts toward you.

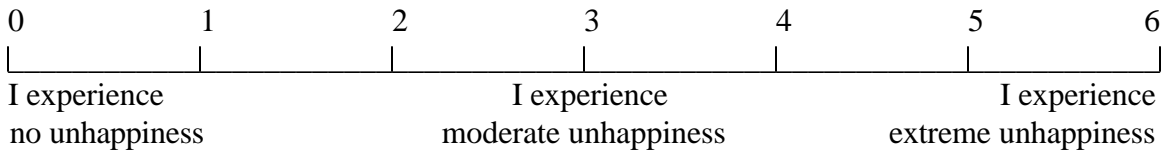
_____ angry outbursts (write number) each day/week/month/year (circle one).

C. Form(s) Angry Outbursts Take(s): When your spouse engages in angry outbursts toward you, what does he/she typically do?

D. Form(s) of Angry Outbursts That Cause the Greatest Unhappiness: Which of the above forms of angry outbursts cause you the greatest unhappiness?

2. Disrespectful Judgments. Attempts by your spouse to change your attitudes, beliefs and behavior by trying to force you into his/her way of thinking. If (1) he/she lectures you instead of respectfully discusses issues, (2) feels that his/her opinion is superior to yours, (3) he/she talks over you or prevents you from having a chance to explain your position, or (4) he/she ridicules your point of view, engaging in disrespectful judgments.

A. Disrespectful Judgments as a Cause of Unhappiness: Indicate how much you unhappiness you tend to experience when your spouse engages in disrespectful judgment toward you.



B. Frequency of Spouse's Disrespectful Judgments: Indicate how often your spouse tends to engage in disrespectful judgments toward you.

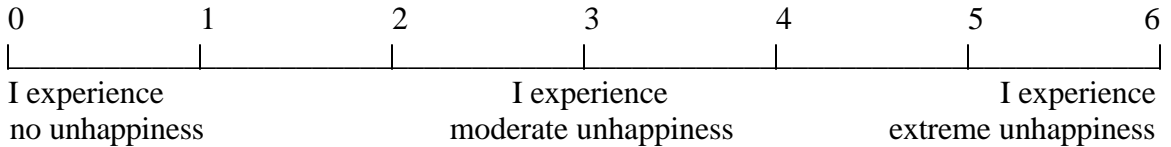
_____ disrespectful judgments (write number) each day/week/month/year (circle one).

C. Form(s) Disrespectful Judgments Take(s): When your spouse engages in disrespectful judgments toward you, what does he/she typically do?

D. Form(s) of Disrespectful Judgments That Cause the Greatest Unhappiness: Which of the above forms of disrespectful judgments cause you the greatest unhappiness?

3. Annoying Behavior. The two basic types of annoying behavior are habits and activities. Habits are repeated without much thought, such as the way your spouse eats or sits in a chair. Activities are usually scheduled and require thought to complete, such as attending sporting events or a personal exercise program. Habits and activities are “annoying behavior” if they cause you to feel unhappy. They can be as innocent as snoring or as destructive as infidelity or alcohol addiction.

A. Annoying Behavior as a Cause of Unhappiness: Indicate how much unhappiness you tend to experience when your spouse engages in annoying behavior.



B. Frequency of Spouse’s Annoying Behavior: Indicate how often your spouse tends to engage in annoying behavior.

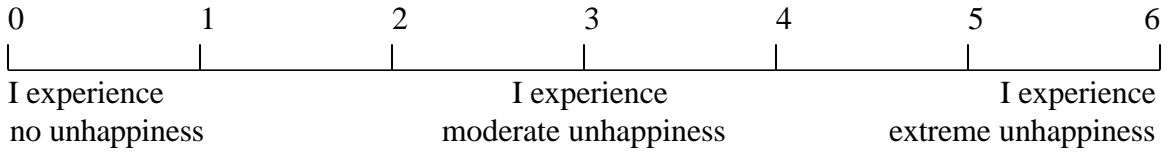
_____ annoying behaviors (write number) each day/week/month/year (circle one).

C. Form(s) Annoying Behavior Take(s): When your spouse engages in annoying behavior, what does he/she typically do?

D. Form(s) of Annoying Behavior That Cause the Greatest Unhappiness: Which of the above forms of annoying behavior cause you the greatest unhappiness?

4. Selfish Demands. Attempts by your spouse to force you to do something for him/her, usually with implied threat of punishment if you refuse.

A. Selfish Demands as a Cause of Unhappiness: Indicate how much unhappiness you tend to experience when your spouse makes selfish demands of you.



B. Frequency of Spouse's Selfish Demands: Indicate how often your spouse tends to make selfish demands of you.

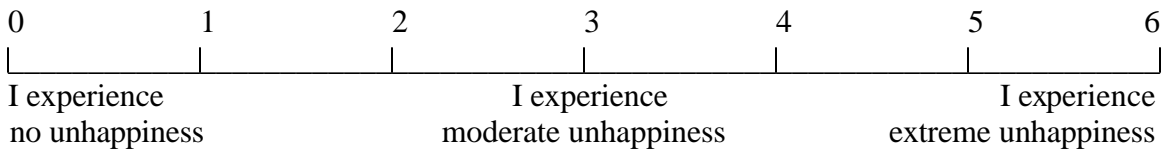
_____ selfish demands (write number) each day/week/month/year (circle one).

C. Form(s) Selfish Demands Take(s): When your spouse makes selfish demands of you, what does he/she typically do?

D. Form(s) of Selfish Demands That Cause the Greatest Unhappiness: Which of the above forms of selfish demands cause you the greatest unhappiness?

5. Dishonesty. Failure of your spouse to reveal his/her thoughts, feelings, habits, likes, dislikes, personal history, daily activities, and plans for the future. Dishonesty is not only providing false information about any of the above topics, but it is also leaving you with what he/she knows is a false impression.

A. Dishonesty as a Cause of Unhappiness: Indicate how much unhappiness you tend to experience when your spouse is dishonest with you.



B. Frequency of Spouse's Dishonesty: Indicate how often your spouse tends to be dishonest with you.

_____ instances of dishonesty (write number) each day/week/month/year (circle one).

C. Form(s) Dishonesty Take(s): When your spouse is dishonest with you, what does he/she typically do?

D. Form(s) of Dishonesty That Cause the Greatest Unhappiness: Which of the above forms of dishonesty cause you the greatest unhappiness?

Ranking of Your Spouse's Love Busters

The five basic categories of Love Busters are listed below. There is also space for you to add other categories of Love Busters you feel contribute to your marital unhappiness, but are not included in the list. In the space provided in front of each Love Buster, write a number from 1 to 5 that ranks its relative contribution to your unhappiness. Write a "1" before the Love Buster that causes you the greatest unhappiness, a "2" before one causing the next greatest unhappiness, and so on until you have ranked all five.

_____	Angry Outbursts
_____	Disrespectful Judgments
_____	Annoying Behavior
_____	Selfish Demands
_____	Dishonesty
_____	_____
_____	_____
_____	_____
_____	_____